



Uncommon News - Issue 2-1, Jan 2000

Hypnosis, Psychology and Personal Development - Keeping You Informed

Who do you know who would like to be smoke-free?

SMOKING and [hypnosis](#) seem to be inextricably interlinked, smokers forming a large part of any hypnotherapist's caseload. In December we were approached by Jim Trimmer, who showed us the remarkable new approach he uses to help people free themselves from the need to smoke.

It is a common idea that to stop someone smoking, all you need to do is to put them in a trance and tell them that they won't want to smoke afterwards. In reality, this seems only to work with a tiny minority. A smoker only truly becomes a non-smoker when they change their attitude to cigarettes, and this involves some subtle psychological techniques.

Jim Trimmer, through 5 year's experience, has combined these techniques into a powerful 4-hour workshop which has helped hundreds stop smoking.

The directors of Uncommon Knowledge were so impressed with his approach, called "Quit while you're Ahead", that they have teamed up with Jim to form QuitEasy.

(Jim Trimmer is still available to run workshops or for individual consultations in the London area. For more info, please email: smoking@uncommon-knowledge.co.uk).

YOU can now discuss matters hypnotic, psychological, or simply fascinating through the Uncommon Knowledge email discussion list.

You can get answers to questions about using hypnosis for yourself, discuss approaches for helping other people, ask for suggestions for further reading, or simply find out what everyone's talking about!

How to [develop lasting confidence](#)

A new audio pack from Uncommon Knowledge

CONFIDENCE is a strange thing. Like money, people don't tend to talk about it unless they're short of it, and those who seem blessed with it never give it a second thought!

It is common to hear that confidence is a 'lucky accident'; people say they are 'just not a confident person', or 'not confident' about something they have to do.

However, in reality, the opposite is true. The feeling of self-confidence is created by very particular approaches, thinking styles and techniques. Some people are lucky enough to use these naturally, while most need to learn them, whether for specific situations or more generally.

Uncommon Knowledge have prepared an audio training programme which will lead you through a confidence-building process. Tips, techniques and hypnotic inductions will help you develop lasting self-confidence for life in general and for situations such as meetings, public speaking, or social events.

You can read about the [Self Confidence Trainer](#) here.

(2002 update: The pack is now in its second edition.)

Success Story

This issue's story comes from a man who attended one of Jim Trimmer's stop smoking workshops.

I started smoking in 1972 because I had a toothache and a friend said it would calm the nerves in my gums (!) Later, when I joined the army and went to the Falklands I binned every bit of kit and replaced it with 4000 cigs in case I ran out.

Worse, I had been a secret pot smoker for 20 years which was so bad that at one point I was imprisoned for smoking it in another country for 4 1/2 years.

I had tried to give up for a day or two at a time but it always made me so bad tempered I had to give in.

Because of these addictions I was very sceptical when I came to your [workshop](#). However, 4 hours with yourself (Jim Trimmer) and I am cured yippee!

I now train 3 hours a day, 5 days a week and am fitter, healthier and happier than at any time in my life. Once again thank you Jim for this new life...

An amazing story from a very happy man!

Top Tip

Looking Beyond

IF you have to do something which is making you feel under-confident or anxious, plan something you enjoy for afterwards . If you find yourself worrying, you can use this as a 'substitution' thought.

Also, if you know someone else who is worrying about something, you can deliberately ask them what they are doing afterwards - (it's often more effective if you don't to tell them why you are doing this!)

One of the reasons for the effectiveness of this technique is that it interrupts the tendency to think up to a worrying event and not beyond it. Substituting thoughts also utilises the principle of 'anchoring' which you practised on the [Hypnosis Training](#) Weekend.

Teaching Tale

Too good to miss?

A monkey, while swinging through the forest one day, spied a glass bottle glinting far below. Excited, he made his way down and saw that it contained a huge, tasty looking nut. He put his hand through the neck of the bottle and grasped the nut. He pulled and pulled but despite his efforts his hand just would not come out of the bottle. When he tried to run away with the bottle, he found it was tied to a tree.

Just then he heard a man approaching through the forest. Despite his increasing fear, the nut captivated him with its promise of rich flavour. He pulled and pulled but to no avail and so the greedy monkey was caught.

Top Book

How Stories Heal, by Pat Williams

This issue's Top Book is actually not a book at all, but a double tape pack. To hear tales told by a storyteller such as Pat Williams is one of the many delights of this pack, and one which could not be conveyed by a book.

Pat is the founder of the London College of Storytellers, and has researched, studied and told stories for many years. On the tapes, she discusses the operation of stories and metaphor within the mind, their therapeutic uses, the wider implication for society, historical aspects and more.

Above all, this pack is a wonderful tale in itself, telling the story of the story in such a way that cannot fail to captivate. At least, this is something to enjoy again and again; more likely it will stimulate the listener to benefit from and pay more attention to metaphor and story in everyday life.

Price: £14.95+P&P

To order; email info@uncommon-knowledge.co.uk or call +44(0)1273 557799.

Competition

Send in your answers to this issue's competition by post or email and win a copy of this issue's 'Top Book' - 'How Stories Heal' by Pat Williams.

(Please note: This competition has now expired!)

Question: In the story of the Ugly Duckling, does the duckling turn out to be:

a) A duck b) A fish c) A swan?

Last issue's competition asked: How much less per night does the average person sleep compared to 100 years ago? a) half an hour, b) two hours, c) five hours.

The answer was b) two hours. That's a lot of sleep! As a rough guide, if you need an alarm clock to wake up, you're not sleeping enough.

Uncommon Quotes

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things." Joe Namath

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